

# Red Cross Swim Kids

When you choose the Red Cross Swim Kids program, you are getting:

- A program based on research
- Proven excellence in teaching
- Strokes and safety skills– the combination that saves lives
- A focus on fitness and personal performance
- A healthy life through swimming

Level	Description 10-level program for children 6 to 12 years of age
<b>RCSK 1</b>	This level provides swimmers with an orientation to water and the pool area, working on floats, glides and kicking without assistance. Swimmers build their endurance by working on flutter kick and 5m front swim.
<b>RCSK 2</b>	This level works on propulsion skills to move through the water and remain at the surface. Swimmers work on 5m front swim, learn about deep-water activities and how to use Personal Flotation Devices (PFD). Fitness activities include 10m flutter kick and a 10m distance swim.
<b>RCSK 3</b>	This level provides an introduction to diving, surface support and teaches swimmers how to make wise choices about where and when to swim. Fitness activities include working on 15m flutter kick and 10m front swim. Endurance is built through a 15m distance swim.
<b>RCSK 4</b>	This level introduces front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds in deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m distance swim.
<b>RCSK 5</b>	This level introduces back crawl (15m), sculling, whip kick on the back (10m), stride dives and treading water (1 min in deep water). An introduction to safe boating skills is also included. Front crawl increases to 15m and endurance is developed through a 50m distance swim.
<b>RCSK 6</b>	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m) and introduces elementary backstroke (15m). Ice safety, rescuing others with throwing assists, front dives, dolphin kick, and treading water (1.5 min in deep water) are also learned. Endurance is built through a 75m distance swim.
<b>RCSK 7</b>	This level builds skills and endurance for front crawl (50m), back crawl (50m) and elementary back stroke (25m), and introduces whip kick on the front (15m). Swimmers learn about airway and breathing obstructions, reaching assists and stride entries. Endurance is increased to a 150m distance swim.
<b>RCSK 8</b>	This level introduces breast stroke (15m) and feet-first surface dives. Front crawl and back crawl distances are increased to 75m each and elementary backstroke increases to 25m. Swimmers learn about the dangers of open water and hypothermia, the performance of rescue breathing on children and adults, using eggbeater to tread water (3 min) and standing shallow dives. Endurance is built through a 300m swim.
<b>RCSK 9</b>	This level refines front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and introduces sidestroke (15m). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescues from ice. Endurance is built through a 400m swim.
<b>RCSK 10</b>	This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, improve upon head-first/feet-first surface dives and increase fitness with dolphin kick. Endurance is built through a 500m swim.